





November 2024

Meals On Wheels Independence

All meals are made in Independence served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change					1 - Chicken Al Fredo - Noodles - Vegetables	2
3	4 - Sauerkraut - Hot Dogs - Vegetables	5 - Chili Frito Pie - Spiced Apples	6 - Oven Baked Chicken - Mashed Potatoes / Gravy - Vegetables	7 - BBQ Ham - Scalloped Potatoes - Vegetables	8 - Spaghetti & Meatballs - Vegetables	9
10	11 - Chicken Tetrazinni - Vegetables	12 - Pork Fritter - Mashed Potatoes / Gravy - Vegetables	13 - Hot Beef Sandwich - Mashed Potatoes / Gravy - Vegetables	14 - Picante Chicken Over Rice - Vegetables	15 - Cheezy Tuna Casserole - Vegetables	16
17	18 - Meatloaf - Mashed Potatoes / Gravy - Vegetables	19 - Chicken & Wild Rice Casserole - Vegetables	20 - Pork Bake With Stuffing - Vegetables	21 - Beef Enchiladas - Spiced Peaches	22 - Salisbury Steak - Mashed Potatoes / Gravy - Vegetables	23
24	25 - Sliced Turkey & Swiss Sandwich - Pickle Spear - Chips	26 - Pizza Burger - Vegetable Medley	27 - Sliced Ham - Au Gratin Potatoes - Vegetables	28 CLOSED FOR HOLIDAY	29 CLOSED FOR HOLIDAY	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE